



# JULY FIT Programs 2012



## Full Force Fitness Weight Loss Challenge

- **RSVP by 31 July**
- **Starts: 30 July - 31 AUGUST**
- **Days: Tuesday and Thursday**
- **Time: 17:00 hrs.**
- **Location: Instructional Fitness Room**
- **Offers: Fun group fitness routines, nutrition support, guest instructors and a grand finalist award to Fort Hamilton's biggest weight loss loser!**



## Fit-Serious Boot Camp

- **RSVP by 31 August**
- **Starts: 10 - 28 September**
- **Days: Tuesday and Thursday**
- **Time: 17:00 hrs.**
- **Location: Instructional Fitness Room**
- **Offers: PT compliant fitness, obstacles and diversified routines.**



## Fitness Consultation

- ***Health Assessment***
- ***Tailored Work Out Regiment***
- ***Nutritional Support***
- ***Fitness Training***
- ***(by appointment only)***



**REGISTER in PERSON, via E-MAIL or by PHONE!**

**Email: [Bilqis.Z.Benu.naf@mail.mil](mailto:Bilqis.Z.Benu.naf@mail.mil)**

**P: 718-630-4935**



**Fitness Center Hours of Operation and Location**

**Monday - Friday 0530-2100 hrs.**

**Saturday, Sunday and Holidays 1000- 1800 hrs.**

**402 Mac Arthur Rd. Brooklyn NY 11252**





Fort Hamilton Family & MWR

# Group Fitness

- JULY 2012-



MONDAY			
06:30 Dharma Yoga		18:30 ZUMBA	
TUESDAY			
07:00 SPIN	18:00 Nutrition Workshop	19:00 5K Walk/Run/Jog	
WEDNESDAY			
09:30 TAI-CHI	12:00 YOGA Ba- sics	17:30 YOGA Flow	18:30 ZUMBA
THURSDAY			
18:30 SPIN			
FRIDAY			
10:30 TAI-CHI			

## Class Location

Instructional Fitness Room Or Basketball Court/Class Duration: 60 min.

**Contact Us! P: 718-630-4935 Bilqis.z.benu.naf@mail.mil**

402 Mac Arthur Rd. Brooklyn, N.Y. 11252

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